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SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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ABUNDANT FOODS

Fall cabbage, late crop potatoes and sweet potatoes are in abundant supply this month. The cabbage crop has reached record proportions and plentiful amounts of the hardy Danish variety will be available.

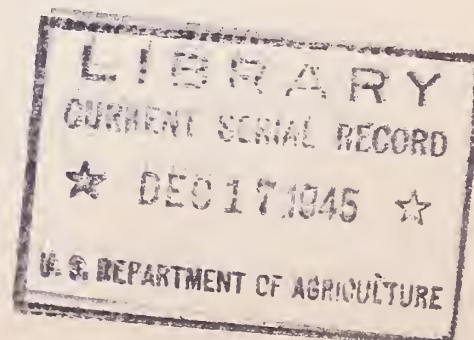
Cabbage is an inexpensive vegetable which can be used in many ways. It's a good source of vitamin C when it's properly prepared.

Cabbage should be cooked just until tender in order to prevent discoloration, development of a strong flavor and destruction of vitamin C. In order to preserve the crispness of cabbage salads, salad dressings should be added just before they're served.

Sweet potatoes will be plentiful at harvest time, which is from about the middle of September to November 1. The quality of these potatoes is good and the price will be below ceiling in most markets.

Industrial feeding managers should plan to use sweet potatoes often during the period when they're abundant. They may be baked, mashed browned or candied. Steamed sweet potatoes are delicious when sliced lengthwise and browned lightly in a small amount of fat.

Late crop potatoes now appearing in the market are thick-skinned and will keep well if properly stored. Cool, ventilated storage should be provided and the potatoes sorted frequently to remove any spoiled ones which otherwise might damage the entire lot.



REVIVING MARY

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Care should be taken in handling potatoes from the time of delivery until the time of serving to prevent unnecessary waste. More pounds of potatoes are used in industrial feeding than any other one vegetable.

Therefore, although they're relatively inexpensive, unnecessary waste in preparation may amount to a considerable item of expense.

Some ways to prevent excessive waste in preparing potatoes include:

1. Sort potatoes for size to regulate the time required for cooking and to obtain uniform sized portions.
2. Use large potatoes for baking, the medium size for steaming and browning and smaller ones for mashing and slicing.
3. Put potatoes of approximately the same size into the potato peeler to prevent small potatoes from being wasted while larger ones are being peeled.
4. Regulate the operating time of the potato machine to prevent over-peeling. Instruct workers in the exact length of time required to peel a hopper of potatoes.

SERVING MILK TO WORKERS

War Food Order 79, which limited the use of milk and milk products, has been cancelled. Industrial feeding managers now should have adequate supplies of milk, cream and cheese. Ice cream will continue to be somewhat restricted in quantity because of the sugar shortage.

Milk is one of our most valuable foods and it's also one which is easily contaminated. For that reason, the greatest care should be taken in handling and serving milk and other dairy products.

Recommendations that have been made by the United States Public Health Service for the care of milk in eating establishments include these precautions:

1. Pasteurized milk and milk products should be used whenever they are available.
2. Milk should be served in the original container in which it's received from the distributor or from a bulk container equipped with an approved dispensing device. 1/
3. Milk should be held at or below 50° F.
4. The pouring lips of milk bottles and paper containers should not be submerged in water used for cooling.

Recent research has shown that milk dispensed in clear glass bottles should be kept out of the direct sunlight in order to prevent destruction of vitamin B₂ (riboflavin).

Bottled milk that was exposed to direct sunlight for one hour lost from 30 to 54 percent of its riboflavin content. As milk is one of the most valuable sources of this vitamin, food managers should not let bottled milk stand on loading platforms exposed to sunlight.

BETWEEN-MEAL FEEDINGS

Industrial production is maintained at a higher level when fatigue is kept at a minimum and the morale of the workers is high.

Studies on industrial efficiency have shown that short rest periods at the end of the first and third quarters of a shift have a beneficial effect in combating fatigue and in sustaining morale.

When appetizing and nutritious foods are served during the rest periods, they have been shown to result in increased productivity and improved morale.

Between-meal refreshments served to industrial workers should make a definite contribution to the worker's diet. Foods should be served that meet the following specifications:

1. Provide essential nutrients as well as energy.
2. Can be dispensed quickly in a sanitary manner.
3. Can be sold at a moderate price.
4. Are acceptable to the workers.

Foods that satisfy these qualifications include: Fresh fruits, citrus fruit juices, tomato juice, milk, ice cream and sandwiches. Whole-wheat crackers, peanut butter wafers, and molasses and oatmeal cookies are accompaniments that may be served with fruit juices or milk to supply nourishment as well as calories.

Experiments have shown that foods that contain protein and fat as well as carbohydrates sustain energy for a longer period than foods containing carbohydrates alone.

Milk is a food that contains protein, fat and carbohydrates and is an excellent "snack" food. It should be offered in half-pint containers as well as in pints for the mid-meal snack.

PUBLIC HEALTH FILMS

Industrial feeding managers will be interested in a series of four film strips for food handlers recently issued by the U. S. Public Health Service. The title of the series is "Our Health is in Your Hands."

Subjects included in these film strips are: Dishwashing...the spread of disease by improper food handling...methods of personal cleanliness...and safe methods of food preparation and service.

The film strips are 35 mm with sound. The sound records are 16 inches in diameter and are designed for use on a turntable that revolves at 33-1/3 r.p.m. Each film strip requires about 10 to 15 minutes.

Information about obtaining these films is included on the attached announcement of the Federal Security Agency.

PUBLIC HEALTH POSTERS

The U. S. Public Health Service has issued a set of six colored posters, entitled "For Our Patron's Health." They're designed for the attention of food service employees. Also they are colorful and attractive and bring out important points on the care and handling of foods.

A set of these posters may be obtained from the Superintendent of Documents, Government Printing Office, Washington 25, D. C. The price is 25 cents.

DISHWASHING

Sparkling glasses, shining silver and spotless china result from carefully regulated dishwashing and are indication of the food service standards of the establishment. Good methods of dishwashing will increase the efficiency of the dish room and the cleanliness of the tableware.

USE THESE EFFICIENT METHODS OF DISHWASHING

1. Scrape dishes thoroughly before washing.
2. Pre-rinse dishes to remove foods which have stuck to them by dipping them in a soaking sink or by rinsing them with a spray from a hose. The rinse hose should be attached at the scraping section.
3. Maintain the temperature of the wash water at 140° F. and do not let it fall below 120° F. A thermostat should be installed on the dish machine to control the temperature of the water.
4. Use a dishwashing compound that is suited to the hardness of the water. Add fresh compound at regular intervals. An automatic detergent dispenser installed on the machine will regulate the amount of compound used.
5. Rack dishes in such a way that all surfaces are exposed to the water. Avoid over-crowding the racks and overlapping the plates. Invert cups, bowls and glasses so the spray will be forced inside.

6. Rinse dishes with water at a temperature of 170° F. A steam booster may be needed to raise the rinse water to this temperature.
7. Allow dishes to stand in the rack long enough to air dry them before stacking. This method is time saving and more sanitary than toweling the dishes.
8. Change the water in the wash tank once in every hour or so during the dishwashing period in order to keep it clean.
9. Wash glassware separately in a glass-washing machine or put it through the dishwasher before the china is washed.
10. Fill racks only about one-third full of silverware. Dry it immediately after it is taken from the machine with clean dry towels that are used only for this purpose.
11. Drain the water from the wash tank at the end of the dishwashing period and wash down the sides of the machine with a stiff brush. Clean the outside of the machine as well as the inside.
12. Remove the strainer trays and clean them thoroughly.
13. Clean the wash and rinse sprays carefully at least once each day. Remove bits of food and sediment caught in the openings.
14. Leave the doors of the dish machine open when it is not in use.
15. Wash the dish tables with a neutral soap solution, rinse and dry after each using. Avoid the use of coarse abrasives which will scratch the surface of the metal.

SPECIAL LUNCH MENUS FOR OCTOBER

1	2
Boiled tongue with horseradish sauce	Veal stew with potatoes, carrots and onions
Baked potato	Head lettuce salad with Russian dressing
Buttered green beans	Whole-wheat bread with butter or fortified margarine
Whole-wheat bread with butter or fortified margarine	Fresh fruit cup with ginger cookies
Warm gingerbread with whipped cream	Beverage
Milk	

3

Roast shoulder of lamb
Mashed potatoes
Buttered peas
Enriched bread with butter
or fortified margarine
Canned apricots - Cookies
Beverage

4

Hamburger patties
Scalloped potatoes
Stewed tomatoes
Enriched rolls with butter
or fortified margarine
Fruit in gelatine
Milk

5

Swiss steak
Steamed potatoes in jackets
Buttered fresh cabbage
Whole-wheat bread with butter
or fortified margarine
Prune whip with custard sauce
Milk

6

Fish cakes with tomato sauce
Parsleyed potatoes
Mixed green salad
Enriched bread with butter
or fortified margarine
Cottage pudding with fruit
sauce
Milk

7

Chicken fricassee
Mashed potatoes
Baked acorn squash
Enriched rolls with butter
or fortified margarine
Chocolate ice cream
Beverage

8

Braised liver
Lyonnaise potatoes
Parsleyed-buttered cauliflower
Enriched bread with butter
or fortified margarine
Sponge roll with orange filling
Milk

9

Baked lima beans with bacon
strips
Fresh buttered spinach
Cabbage and carrot slaw
Whole-wheat bread with butter
or fortified margarine
Green apple pie
Milk

10

Spanish omelet
New potatoes in jackets
Cabbage and apple salad
Enriched rolls with butter
or fortified margarine
Fresh prune cobbler
Milk

11

Frankfurters
Hot potato salad
Buttered carrots
Enriched rolls with butter
or fortified margarine
Vanilla pudding with cherry
garnish
Milk

12

Roast beef with gravy
Mashed potatoes
Savory cabbage
Enriched bread with butter
or fortified margarine
Peach shortcake
Milk

13

Baked stuffed peppers
Parsleyed potatoes
Harvard beets
Whole-wheat rolls with butter
or fortified margarine
Pumpkin pie
Milk

14

Baked fish with Philadelphia
relish
Creamed potatoes
Scalloped eggplant and
tomatoes
Whole-wheat bread with butter
or fortified margarine
Pineapple sherbet
Milk

Public Health Bulletin No. 280 - "Ordinance and Code Regulating Eating and Drinking Establishments Recommended by the United States Public Health Service," - 1943 - gives standards for dishwashing and other recommended methods for the control of sanitation. It's for sale by the Superintendent of Documents, Government Printing Office, Washington 25, D. C. - Price 20 cents.

A new leaflet, "Methods of Sanitizing Eating and Drinking Utensils", by John Andrews; Reprint No. 2574 from Public Health Reports; U. S. Public Health Service - 1945 - may be obtained from the same office. - Price 5 cents. This leaflet includes recommended procedures for washing and disinfecting dishes and utensils, also an excellent discussion of detergents and their properties.

Reference 1/ - Page 2 - U. S. Public Health Service "Milk Ordinance and Code Recommended by the U. S. Public Health Service." Bulletin No. 280 - 1943 - pp 44.

SAVE USED FATS

End of the war has not lessened the need for used kitchen fats. They will remain our chief source of supply until imports start again in sizable quantity, which will be for some time to come.

For the last year or two, used fats were needed for war purposes. Now they're needed to speed the return of many items necessary to everyday living.

They also will speed the return of many essential items industrial feeding managers want and could use now.

Take refrigerators, for instance. Or dish washers. Every electrical appliance uses wire. Industrial fats and oils and soap are essential to wire-drawing.

Then, too, nearly all products are either painted, enameled or varnished. Industrial fats, or glycerine coming from industrial fats, are required to make all of them.

There's the matter of soap and soap powder also. Their stepped up production is dependent on increased collection of used fats.

There are many uses for glycerine, a by-product of soap-making or of fat-splitting. The supply of glycerine depends on consistent collection of used fats.

These are only a few of the important peacetime items affected by used kitchen fats.

Until we again start imports from the Pacific, it's just as important to SAVE, SCOOP and SCRAPE every drop of used fats as it was during the war.

THE "BEST BUY" LIST

Arkansas	<u>Little Rock:</u>	Irish potatoes, cabbage, lettuce, apples, tomatoes, squash, greens
Colorado	<u>Denver:</u>	Apples, cabbage, pears, tomatoes, grapes, prunes, carrots, Irish potatoes, onions, sweet potatoes
Kansas	<u>Topeka:</u>	Irish potatoes, prunes, cabbage, apples, peaches
	<u>Wichita:</u>	Prune plums, apples, onions, cabbage, Irish potatoes, sweet potatoes, carrots, lettuce
Louisiana	<u>Baton Rouge:</u>	Irish potatoes, sweet potatoes, cabbage, carrots
	<u>New Orleans:</u>	Irish potatoes, onions, tomatoes
New Mexico	<u>Albuquerque,</u> <u>Gallup and</u> <u>Santa Fe:</u>	Irish potatoes, carrots, cabbage, beets, bell peppers, turnips, squash, pumpkins, local apples, grapefruit, lemons, oranges
Oklahoma	<u>Oklahoma</u> <u>City:</u>	Apples, cabbage, carrots, oranges, pears, onions, Irish potatoes, sweet potatoes, tomatoes
Texas	<u>Fort Worth:</u>	Irish potatoes, sweet potatoes, cabbage, onions, carrots, apples, pears, grapes, oranges
	<u>Houston:</u>	Irish potatoes, cabbage, carrots, onions, greens, pears, grapes
